

RETATRUTIDE 30 MG / 3 ML SOLUTION FOR INJECTION IN PRE-FILLED PEN

PATIENT INFORMATION LEAFLET

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again (or access it online via the hosted link provided by your supplier or healthcare provider).
- If you have any further questions, ask your doctor, pharmacist, or healthcare provider.
- This medicine has been supplied for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. Report side effects online if applicable in your region.

1. What Retatrutide is and what it is used for

Retatrutide is an investigational triple-hormone receptor agonist (targeting GLP-1, GIP, and glucagon receptors) studied for weight management in adults with obesity or overweight with weight-related conditions. It reduces appetite, slows gastric emptying, and increases energy expenditure to support weight loss.

This pre-filled injector pen contains 30 mg of retatrutide dissolved in 3 ml of solution (concentration: 10 mg/ml). It is supplied for research, investigational, or off-label use under strict medical supervision only. Use only as directed by a qualified healthcare professional.

2. What you need to know before you use Retatrutide

Do not use Retatrutide if:

- You are allergic to retatrutide, benzyl alcohol, or any of the other ingredients in the solution.
- You or any family member has a history of medullary thyroid carcinoma (MTC) or Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).
- You have a personal or family history of certain thyroid cancers.
- You have severe gastrointestinal disease (e.g., severe gastroparesis) or a history of pancreatitis.

Warnings and precautions Talk to your doctor before using Retatrutide if you have:

- History of pancreatitis, gallstones, or gallbladder disease.
- Kidney problems.
- Diabetic retinopathy or other eye issues.
- Depression, suicidal thoughts, or mental health conditions.

- You are pregnant, planning pregnancy, or breastfeeding.
- You are under 18 years of age.
- Heart rate issues (retatrutide can cause dose-dependent increases in heart rate).
- Known allergy or sensitivity to benzyl alcohol (a preservative in the formulation), which may cause local reactions or, rarely, more serious effects in sensitive individuals. Rapid weight loss may lead to gallstones, electrolyte imbalances, muscle loss, or excess/loose skin. Monitor closely and discuss supportive measures (e.g., nutrition, hydration, exercise).

Other medicines and Retatrutide

Tell your doctor if you are taking: oral medications (absorption may be delayed), insulin, sulfonylureas or other diabetes medicines (increased risk of low blood sugar), or other weight-loss or GLP-1-based therapies.

Pregnancy and breast-feeding

Do not use if pregnant or breast-feeding. Use effective contraception during treatment and for a period after stopping (consult your doctor).

Driving and using machines

Retatrutide may cause dizziness, fatigue, nausea, or low blood sugar (especially if combined with other glucose-lowering agents). Be cautious until you know how it affects you.

3. How to use Retatrutide

Always use this medicine exactly as your doctor or healthcare provider has told you. Check with them if unsure.

This is a pre-filled injector pen containing 30 mg retatrutide in 3 ml solution (10 mg/ml concentration). Administer as a once-weekly subcutaneous injection.

The pen uses a dial/click mechanism for precise dosing. Each click typically delivers 0.1 mg (based on common configurations for similar 10 mg/ml pens: 300 clicks total = 30 mg). Confirm your specific pen's calibration guide (included with the device or from your supplier/provider), as exact click-to-dose may vary slightly by design. A transparent window usually shows remaining volume.

Recommended titration schedule (based on your protocol):

- Week 1: 2.5 mg (25 clicks)
- Week 2: 5 mg (50 clicks)
- Week 3: 5 mg (50 clicks)
- Week 4: 5 mg (50 clicks)
- Week 5: 5 mg (50 clicks)



Maintenance & Limits

- Continue at 5 mg (50 clicks) weekly after Week 5, as 5 mg is considered the maximum effective dosage in this protocol.
- Do not exceed 10 mg (100 clicks) at any time. Higher doses may increase side effect risks without proportional benefits in this setup.

For further appetite suppression: Your provider may suggest adding Tirzepatide at 2.5 mg weekly. Only combine under strict medical supervision due to potential additive effects on gastrointestinal side effects or other risks.

Due to rapid weight loss: Excess or loose skin may occur on areas such as the abdomen, arms, thighs, or face. GHK-Cu (copper peptide) is highly recommended (though not limited to this use) for skin tightening—it stimulates collagen production to improve skin quality, elasticity, firmness, and may support hair and nail regrowth. Discuss dosing (topical, injectable, or combined) with a specialist.

How to inject:

- Inject subcutaneously (e.g., abdomen, thigh, or upper arm). Rotate injection sites each week.
- Inject on the same day and time each week (with or without food).
- Prime the pen if required (follow pen instructions). Dial/click to your dose, inject, and hold for a few seconds after injection.
- If you miss a dose: Administer as soon as possible if within 5 days; otherwise, skip and resume on the next scheduled day. Do not double dose.

4. Possible side effects

Like all medicines, Retatrutide can cause side effects, although not everybody gets them. Most are gastrointestinal, dose-related, and often improve with time or slower titration.

Very common (may affect more than 1 in 10 people):

- Nausea, vomiting, diarrhea, constipation, abdominal pain or discomfort.

Common:

- Decreased appetite, indigestion, fatigue, headache, dizziness, increased heart rate, injection site reactions (redness, itching, irritation—may be influenced by the preservative benzyl alcohol in some individuals).

Serious (rare but seek immediate medical help):

- Severe persistent abdominal pain (possible pancreatitis or gallbladder issues).
- Signs of low blood sugar (shakiness, sweating, confusion—if combined with diabetes meds).
- Allergic reactions (rash, swelling, difficulty breathing—including potential reactions to benzyl alcohol).
- Gallbladder problems (upper abdominal pain, jaundice, fever).
- Mood changes or suicidal thoughts (rare—report immediately).

In clinical trials, side effects were mostly mild to moderate, with higher incidence during escalation. Discontinuation rates varied but were generally low with gradual titration. Heart rate increases were observed but often transient.

Report any side effects to your doctor.

5. How to store Retatrutide

- Store the pen in a refrigerator (2–8°C). Do not freeze.
- Protect from light and keep in the original packaging.
- If needed for short periods (e.g., travel), it may be stored at room temperature (below 30°C) for a limited time
- Keep out of sight and reach of children.
- Do not use after the expiry date or if the solution appears cloudy, discolored, or contains particles. Dispose of used pens safely (follow local regulations for sharps disposal).

6. Contents of the pack and other information

What Retatrutide contains:

- Active substance: Retatrutide 30 mg in 3 ml solution (10 mg/ml).
- Other ingredients: Benzyl alcohol (preservative), and other excipients as per formulation (e.g., buffers, stabilizers—refer to pen label or supplier for the complete list).

Pack: Pre-filled injector pen (multi-dose design, total capacity 30 mg / 300 clicks at 0.1 mg per click).

Supplier / Hosting Note: This leaflet is hosted online for easy access and updates. Always refer to the latest version at the provided link. This is not a marketed product; supplied for investigational/research use.